



# Middletown Judo Club

## How to Fold a Judo Uniform (Gi)

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A Judo Gi (uniform) consists of a kimono-type jacket, a loose-fitting pair of pants and a belt. It is made of thick canvas designed to endure the grappling, twisting and pulling that is part of judo training. This useful procedure for folding your judo gi helps maintain its quality and makes it easy to carry to your dojo (training hall) or to tournament venues.

1. Lay your jacket out flat with its back down and the sleeves extended sideways and place the pants on top of the jacket.
2. Fold both jacket sleeves inward.
3. Fold one side of the jacket and the pants in to the centre of the jacket.
4. Fold the other side of the jacket and the pants in to the centre of the jacket.
5. Fold the top of the jacket over to meet the bottom of the jacket.
6. Put the belt underneath the folded judogi.
7. Wrap the belt two times around the folded judogi.
8. Tie the belt.  
This holds the gi closed and provides you with a handle with which to carry.

